

backward with palm up - so passer can place baton in receiver's hand. Transfer is made while both are in motion.

Shuttle Relay:

Used in a small space. The same length relay can be used if 2 parallel straight lines are drawn 55 ft. apart. Team can consist of a greater number of participants. The greater the number, the longer the length of race. Team lines up, half one end, half the other in single file formation.

No. 1 runner runs to right of opposing file. On approach reaches forward to pass baton to No. 2.

No. 2 runner stands in stride position, right arm outstretched without locking elbow, hand open with palm facing right, ready to grasp baton. Passer holds baton at lower end in vertical position, so the pass will not lose time - hand naturally turns with palm next to body. Baton needn't be changed enroute.

No. 1 runner starts in usual crouch form + succeeding ones use holes to place their starts for a fast starting.

Do not cross line before baton is received, it is a foul.

After pass is made, continue to rear of opposite file + so keep lanes clear.

Training Suggestions.

The amount of work for relay runners should be the same as suggested for sprints of the same distance. Practise standing & semi-standing starts. Practise passing the baton.

Placement of team.

- 1st. runner - fastest starter, 2nd best.
- 2nd. runner - third best.
- 3rd. runner - fourth best.
- 4th. runner - best.

Each runner makes up time for preceding runner.

Hints of Competition.

1. Do not compete during menstrual period.
2. Take a short easy jog to limber up.
1st. runner should practise crouch starts.
3. Grasp baton firmly always.
4. Finish fast.
5. Run always to the right of the receiver & pass with the left hand to the right hand of the receiver.
6. Avoid crossing in front of a competitor after the pass has been completed.
7. Keep covered with blanket or sweater before & after the race.
8. Keep calm.
9. Know rules & regulations for relay event.

as given in latest official rules for
track & field, Official Handbook of the
Women's Athletic Committee of the
American Physical Education Association.

Female Events.

88 yd. dash.

100 yd. dash.

440 yd. run (not advisable)

Running high jump.

Running broad jump.

Shot put - 8 lbs.

Discus throw

440 yd. relay (8 girls to a team)

Adler, Alfred. (Inferiority + Superiority Complexes)
The Human Mind.

Camping, Magazine.

Professional Publications.

The High Jump

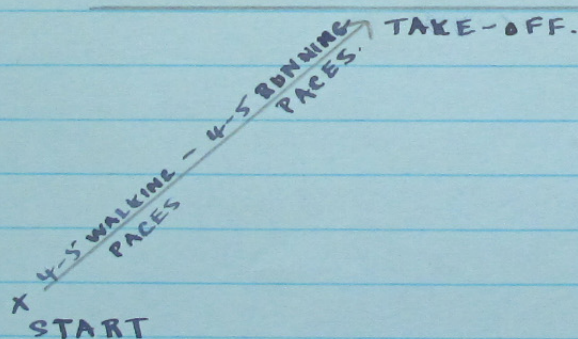
The high jump is divided into 3 stages.

1. The approach run.
2. The take-off.
3. The landing.

1. The Approach Run.

Approach the jump from either right or left. Very few run straight up to the pole - the side approach is better, because it saves energy, making you to:

- 1.) Get nearer the bar for the take-off.
- 2.) Take less time in crossing the bar.
- 3.) Get the body more parallel to the bar when crossing.



2. Take-off.

Scissors jump - the take-off is made with the leg away from the bar.

Leg nearest the bar should be raised with a straight knee & a strong kick.

Use the arms to help lift the body, & lift the outside leg with a straight knee, swinging the outside leg up & over the bar.

Right foot jumpers run from the right

+ take-off on the left foot. left foot jumpers run from the left, take-off on the right + swing the left leg over the bar first.

3. Landing.

Leg crossing, the bar first takes the weight in landing - knees bend to avoid jar.

4. Training suggestions.

Sprinting, to help the run on the approach.
Skipping & hopping, to strengthen the legs.
High kicking, to give body balance.
Once a week only see how high you can jump.

Standard Outdoor Programme. Track + Field.

Senior Events.

50 yd. Dash

100 yd. Dash

220 yd. Run

440 yd. Run

880 yd. (not advisable)

High Hurdles - 2' 6" high

a) 70 yd. - 5 hurdles.

b) 90 yd. - 7 hurdles.

(with 15 yd. from start to first hurdle,
15 yd. from last hurdle to finish,
10 yd. between each hurdle.)

Low Hurdles - 2' high.

120 yd. - 5 hurdles.

(with 20 yd. from start to first hurdle,
20 yd. from last hurdle to finish,
20 yd. between each hurdle.)

Running High Jump.

Running Broad Jump.

Shot put - 8 lbs.

Discus Throw.

Javelin Throw.

440 yd. Relay (4 girls to a team)

880 yd. Relay (4 or 8 girls to a team)

660 yd. Walk.

Junior Events.

50 yd. Dash.

100 yd. Dash.

440 yd. Run (not advisable)

Running High Jump.

Running Broad Jump.

Shot put - 8 lbs.

Discus throw.

440 Relay.

(8 girls to team)

Track & Field.

Outline.

Senior year.

Major Events (marks on ϕ both form & achievement)

Sprinting - 100 yd. Dash.

Relay Races

a) Shuttle Relay - 100 yd. Run, 4 to team.

b) Pursuit Relay - 440 yd. 4 to a team.

Running Broad Jump.

Running High Jump.

Discus Throw.

Javelin Throw.

Minor Events (marks based on form only & not required for class standing)

Potato Race.

Standing Broad Jump.

Running Ark. Step and Jump.

Low Hurdles.

Junior Year.

Major Events (marks based on both form and achievement.)

Sprinting - 100 yd. Dash.

Relay Races.

a) Shuttle Relay - 100 yd. Run (4 to team)

b) Pursuit Relay - 440 yd. (4 to a team)

Running Broad Jump.

Running High Jump.

Discus Throw.

Javelin Throw.

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Minor Events (marks based on form only, & events not required for class standing)

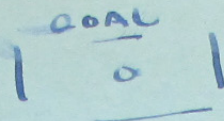
Running Back Steps and Jump.
Long Hurdles.

N.B. Major events are the same for both
Junior and Senior years.
Minor events omitted in Junior Year
are covered the following September.

LACROSSE

LACR.

Lacrosse Positions



POINT O X
 COVER-POINT O X
 THIRD MAN O X

RIGHT DEFENSE O
 X

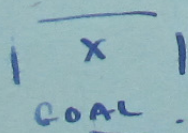
O LEFT DEFENSE
 X

CENTRE
 O
 X

RIGHT ATTACK O
 X

O LEFT ATTACK
 X

ATTACK { 3rd HOME O X
 2nd HOME O X
 1st HOME O X





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